

Level 1 Teacher Training Teaching Intensive (part A)

Arrive Day 1		Day 2	Day 3
	Time		
	6.00-7.15	Michael	Alex
		Asanas focusing on Sequencing Pranayama Meditation	Asanas focusing on Sequencing Pranayama Meditation
	7.15-7.30	Break	Break
	7.30-9.00	Michael	Stephan
		AHIMSA Bidalāsana Tadasana Balāsana	Astanga Yoga
	9.00-10.00	Breakfast	Breakfast
	10.00-11.15	Davina	Alex
		Adho Mukha Virāsana Adho Mukha Svanāsana and Savāsana	Recap - SNS Vrksāsana and Adho Mukha Vrksāsana, Eka Pada Rajakapotasana.
	11.15-11.30	Break	Break
	11.30-1.00	Davina	Alex
		Japa teach each other asanas Pranayama	Virabhadrasana_1, Trikonāsana, Virabhadrasana_2, Padottanasana
	1.00-2.00	Lunch	Lunch
	2.00-2.30	Study or rest	Study or rest
	2.30-4.15	Alex	Davina
		Sequencing Of Yoga Postures	Supta Padangusthasana Setu Bandha Sarvangāsana Ardha Matsyendrāsana III
	4.15-4.30	Break	Break
4.00-6.00	John/Stephan	4.30-6.00	Alex Davina
session 1+2 Tallows	4pm Start Opening-Circle Sequencing yoga postures Pranayama	Introduce SNS Salahbasana, Bhujangāsana, Uttanasana, Ashva Sanchalanasana.	Viparita Karani Salamba Sarvangāsana Matsyasana
6.00-7.00	Dinner	6.00-7.00	Dinner
7.00-8.30	Stephan	7.00-8.30	Stephan Stephan
session 3	Yoga Nidra		Meditation Astanga Yoga

Day 4	Day 5	Day 6	
Time			
6.00-7.30	Davina	John	Michael
	Asanas focusing on Sequencing Pranayama Meditation	Asanas focusing on Postural Alignment Pranayama Meditation	Asanas focusing on Postural Alignment Pranayama Meditation
7.15-7.30	Break	Break	Break
7.30-9.00	Davina	John	Michael
	Dandasana Paschimottanāsana Upavistha Konāsana Baddha Konāsana	partner prep session	Bandhas
9.00-10.00	Breakfast	Breakfast	Breakfast
10.00-11.15	Davina	Alex	Alex
	Teaching to teach	Public Class Practice	Therapy Yoga OH&S
11.15-11.30	Break	Break	Break
11.30-1.00	Maria	Alex	Alex
	Recognise healthy body systems within a health care context Session 1	Adjust each other in asanas	4 groups of 6 - 1 teaches 5 people for 10 minutes
1.00-2.00	Lunch	Lunch	Lunch
2.00-2.30		Study or rest	Study or rest
2.30-4.15	Maria	Alex	Stephan
	Recognise healthy body systems within a health care context Session 2	Public Class	Three Gunas
4.15-4.30	Break	Break	Break
4.30-6.00	Maria	Alex/Davina	Stephan
	Class	DE-BRIEF Meditation small groups to review journal process assisted by staff	Pranayama Japa teach each other asanas
6.00-7.00	Dinner	Dinner	Dinner
7.00-8.30	John	Lila	Lila
	Introduction to Chakras	Kirtan	Intro to Ayurveda

	Day 7	Day 8	Day 8	Day 9
Time				
6.00-7.45	Nadine			Davina/Alex
	Postural Alignment Practice	Individual self practice session		Postural Alignment Assessment
				Michael
Byron St				Beginners Class 2
7.45-8.00	Break	Break		Break
8.00-9.00	Lila		Stephan	Davina/Alex
	Yoga Props	Study or practice	3 minute Astanga_tal_k	Postural Alignment Assessment
9.00-10.00	Breakfast	Breakfast		Breakfast
10.00-11.15	Lila		Stephan	Davina/Alex
	start supervising 10 min class Assessments	Study or practice	3 minute Astanga_tal_k	Postural Alignment Assessment or Study or practice
11.15-11.30	Breakfast	Break		Break
11.30-1.00	Lila	Nadine		Davina
	complete 10 min class Assessments	Adjustment and Corrections of yoga postures		Vinyasa
1.00-2.00	Lunch	Lunch		Lunch
2.00-2.30	Study or rest	Study or rest		Study or rest
2.30-3.45	Ana	Nadine		Nadine
	Menstruation and Pregnancy 1	Practice Teaching Beginners		Pranayama Japa teach each other asanas
	Break	Break		Break
4.00-5.30	Ana	Michael		
	Menstruation and Pregnancy 2	Individual practice session led by trainer		Individual practice session led by trainee
4.00-5.30		Nadine		Alex
Byron St		Beginners Class 1		Beginners Class 3
6.30-7.30	Dinner	Dinner		Dinner
7.30-8.30	Gitam	Michael		Stephan
	Pranayama/Meditation	Meditation		Science of the Soul

	Day 10	Day 11	Day 12
Time			
6.00-7.45		Alex/Davina	JOHN
	Individual practice session led by trainee	20 Minute Assessment	Dynamic Asana
6.00-7.45	Gitam		
Byron St	Beginners Class 4		
7.45-8.00	Break	Break	Break
8.00-9.00	Davina	Alex/Davina	John Davina
	20 Minute Assessment Demo (tell trainees they must have 2 entries on each journal)	20 Minute Assessment	Evaluations Business Admin
9.00-10.00	Breakfast	Breakfast	Breakfast 9.30am
10.00-11.15	Stephan	Maria	STAFF
	Karma Yoga and Bhakti Yoga	Recognise healthy body systems within a health care context Session 3	Sharing Circle
11.15-11.30	Break	Break	
11.30-1.00	Stephan	Maria	
	Jnana Yoga And Dharma	Recognise healthy body systems within a health care context Session 4	
1.00-2.00	Lunch	Lunch	
2.00-3.45		Alex/Michael	
	Study or practice or Finish assignments	20 Minute Assessment	
	Break	Break	
4.00-5.30		Alex/Michael	
	Individual practice session led by trainee	20 Minute Assessment	
4.00-5.30	Davina		
Byron St	Beginners Class 5		
6.30-7.30	Dinner	Dinner	
7.30-8.30	Gitam	Nadine	
	Practice for assessments	Restorative Asanas	